



Youth COVID-19 Resource Guide

Physical Health

- If you feel that you have Coronavirus you can check your symptoms using this [link](#)
- If you are feeling sick STAY HOME and contact your primary doctor or an urgent care center via phone
- Practice social distancing
- Learn how to boost your immune system [here](#)
- Make sure your local pharmacy, insurance company, and primary care physician has your updated information

Mental Health

The news outlets reporting out on COVID-19 every day and current social distancing guidelines can increase your anxiety. It's important to keep your mental health in check. [Here are a few resources](#) to help get you through.

- Also, check with your therapist to see if s/he is willing to schedule a session via phone or virtually

Food and Nutrition

- Food Pantries: Get a list of your county's food pantries [here](#)
- Check Social Media for "Pop-Up" food pantries or organizations giving out food or other goods during this crisis
- Nervous about physically going to the grocery store? Most grocery stores such as Walmart, Whole Foods, Acme, Target, and Shoprite offer curbside pick up or home delivery. Check their websites for more information.

Transportation

- Although public transportation is still running you should use caution while using due to exposure to others. Always wear a face covering
- Check to see if there is a modified schedule
- Here are some alternate uses of transportation to minimize your risk:
 - Uber
 - Using a personal connection who has access to a vehicle would
 - Lyft
 - be ideal before public transportation.

If you would like to receive texts regarding updates and alerts as it relates to COVID-19, please text "NJCOVID" to 898-211 or go to www.covid19.nj.gov



Financial Assistance

- Unemployment: If you lost your job due to COVID-19 you can apply for unemployment
- ILP Stipend: You will still receive your monthly stipend on your Q-Card during COVID-19
- Tax Refund: If you filed your taxes you can check the status of your refund
- Other Info: Contact your bank to see how they are responding to COVID-19
 - Ask if they are closing all locations. Some Locations?
 - What if you need to deposit something in person or need to replace your card?

Employment

If you lost your job or your hours have been reduced as a result of COVID-19. Businesses across New Jersey need thousands of workers for immediate hire. [Learn more about who is hiring in your community](#)

- If you have a car, look into working for these delivery driving companies:
 - Doordash
 - Grubhub
 - Instacart
 - Uber Eats
 - Amazon Flex
 - Shipt

Social Connections

Staying connected virtually has become everyone's reality during this rough time. Here are a few apps and ways you can stay connected with your loved ones while practicing social distancing:

- TikTok: Lighten up yours and somebody else's day by participating in the many challenges going on right now on social media.
- Netflix Party: Chat with your friends while binge watching a show or a movie.
- Facebook Groups: Connect to other foster care groups or find groups that have the same interests as you.
- Have a virtual brunch, work session, or even party using: Zoom, Google Hangouts, or Google Duo.

Education

- If you're in the NJFC Scholars Program and are at at-risk of losing your housing due to your school shutting down contact embrella.
- If you're NOT an NJFC Scholar and are at risk of losing housing due to your school shutting down contact Together We Rise for assistance.
- U-Haul is offering 30 days of free storage to college students who are displaced due to the coronavirus outbreak
- Scholly student relief fund is providing up to \$200 to people in need during this unprecedented crisis
- One Simple Wish is giving away laptops to youth currently or formerly in foster care.

Technology

The COVID-19 pandemic prevents maintaining many in-person connections. The ability to use technology to bridge those connections depends upon access to devices and internet availability



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For direct information and daily NJ updates on COVID-19 you can follow Governor Phil Murphy on social media. He provides a daily briefing via his Facebook page.